

Asthma Fact Sheet

Asthma is a leading public health problem for children in Utah.

- Nearly 65,000 children under age 18 have asthma in Utah.
 - That's equal to about 2,600 classrooms or 104 elementary schools filled with children with asthma (assuming 25 students per classroom, 25 classrooms per school).
- In 2006, 639 children were hospitalized because of asthma. Total cost for treatment topped \$3 million.
- Asthma is the number one reason children miss school, due to chronic disease.
 - Nationally, asthma causes 14 million missed school days per year.

Asthma can be fatal.

- Asthma attacks can turn deadly at any time, especially if medications are not available.
- In 2007, there were 24 deaths due to asthma in Utah (all ages).

Asthma attacks can occur at any time.

- There are many triggers that can cause an asthma attack. The most common triggers include:
 - Tobacco smoke
 - Exercise
 - Allergens like dust mites, animal dander, molds, pollens, and food
 - Colds, flu, and sinus infections
 - Weather and air quality
 - Stress

Asthma can be controlled with the right medications.

- There are two basic types of medications for patients with asthma:
 - Controllers: taken daily to help control asthma symptoms and prevent an attack.
 - Quick-Relief Inhaler: taken as needed to provide fast relief from symptoms. People with asthma should take this medicine as soon as symptoms begin.